

OLIVE @ SYDENHAM

AUTUMN MENU

WEEK 2

MEAL DEAL

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APPLES
SEPTEMBER



ROCKET
OCTOBER



BUTTERNUT SQUASH
NOVEMBER



BRUSSEL SPROUTS
DECEMBER

WHATS IN SEASON...

MON

TUES

WED

THURS

FRI

MAIN

Chicken Jalfrezi with
Steamed Rice
(G)

Beef & Roasted Veg
Lasagne with Garlic
Bread
(E, G, MK, SE)

Roast Garlic &
Thyme Chicken with
Roast Gravy

Chicken Parmigiana
with Herby Roasted
Potatoes
(CE, G, MK)

"Catch of the Day" with
Fresh Minted Mushy Peas
& Homemade Tartare
(E, F, G, SU)

VEGGIE

Spinach, Sweet
Potato & Lentil Dhal
with Naan
(CE, G, MK)

Spinach & Feta Pie
(G, MK)

Quorn Meatloaf with
a Tomato & Basil
Sauce
(CE, E, G, MU)

Grilled Courgette &
Mushroom Tacos
(G) 

Macaroni Cheese
with a Herb Crust
(G, MK)

COOK
STATION

Chimmichuri Beef
Burger with Wedges
(CE, G, SE, SO, SU)



Jerk Chicken with
Rice & Peas



Tandoori Fish with
Green Chilli & Coconut
Rice
(F, G, SU)



Beef Meatball Tagine
with Spiced Cous
Cous
(CE, E, G, SO)



"Chefs Choice"

PUD

Banana & Cranberry
Sponge with Vanilla
Sauce
(E, G, MK)

Dutch Apple Tart
with Cream
(E, G, MK)

Sticky Toffee
Pudding with
Butterscotch
(E, G, MK)

Mixed Fruit Crumble
with Custard
(G, MK)

Eton Mess
(E, MK)

COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS

ALLERGENS
KEY

CE - CELERY
CR - CRUSTACEAN
E - EGGS

F - FISH
G - CEREALS CONTAINING GLUTEN
L - LUPIN

MK - MILK
MO - MOLLUSCS
MU - MUSTARD

N - NUTS
P - PEANUTS
SE - SESAME SEEDS

SO - SOYA
SU - SULPHUR DIOXIDE



Go
Vegan



Olive
dining

TB

Theatre
Bar